

# DINNERLY



## Herbed Beef Meatballs

with Garlic Bread and Roasted Broccoli



30 minutes



2 Servings

This is comfort food 101: saucy meatballs topped with creamy feta, a side of roasted broccoli, plus garlicky bread to soak up all those delicious flavours.



### WHAT WE SEND

- 1 head broccoli
- 1 sourdough baby baguette <sup>1,6</sup>
- beef mince
- 5g Italian seasoning <sup>17</sup>
- 400g diced tomatoes
- 50g feta <sup>7</sup>

### WHAT YOU NEED

- 2 garlic cloves
- 2 tbs olive oil
- 1 tsp sugar

### TOOLS

- 2 oven trays
- baking paper
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Gluten (1), Soy (6), Milk (7), Sulphites (17).  
May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 810kcal, Fat 48.3g, Carbs 35.5g,  
Proteins 53.5g



#### 1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Cut the **broccoli** into florets. Crush or finely chop **2 garlic cloves**. Put **1½ tbs olive oil** and **half the garlic** in a bowl, season well with **salt and pepper** and stir to combine. Halve the **baguette** lengthwise.



#### 2. Make meatballs

Put the **beef mince**, **remaining garlic** and **1 tsp Italian seasoning** in a bowl, then season with **pepper**. Using damp hands, combine well, then shape into walnut-sized balls (see Make ahead).



#### 3. Cook meatballs

Heat **2 tsp olive oil** in a medium frypan over medium-high heat. Cook the **meatballs**, turning occasionally, for 5 mins or until browned. Add the **tomatoes**, **remaining Italian seasoning** and **1 tsp sugar** and bring to a simmer. Reduce the heat to medium and cook for 8 mins or until the meatballs are cooked through and the sauce is slightly reduced. Taste, then season with **pepper**.



#### 4. Roast broccoli

Meanwhile, put the **broccoli** on the lined tray and drizzle with **2 tsp garlic oil**. Season with **salt and pepper** and turn to coat. Brush the **remaining garlic oil** over the cut side of the **bread** and put on a separate unlined oven tray. Roast the broccoli on the upper oven shelf and the bread on the lower shelf for 10 mins or until the broccoli is tender and the garlic bread is crisp.



#### 5. Serve up

Divide the **meatballs** among bowls and crumble over the **feta**. Serve with the **garlic bread** and **roasted broccoli** and enjoy!



#### 6. Make ahead

You can make the meatballs ahead of time – just roll them and then refrigerate until ready to cook.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
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